



# Conejo Valley's Leader in Integrative Spine Rehabilitation

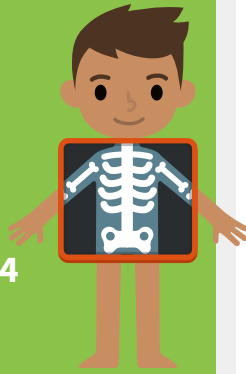
Licensed physical therapists and chiropractors  
working together for improved patient outcomes.

## We help physicians manage spine patients in 3 simple steps:

### What

#### Step 1: Timely Comprehensive Evaluation and Intervention

1. Comprehensive orthopedic evaluation, including weight-bearing digital X-rays, within 48 hours.
2. Report sent to you within 24 hours of the evaluation.



### Why

Immediate and specific intervention for faster, sustainable outcomes.



### What

#### Step 2: Integrative Physical Rehabilitation

### Why

1. Coordinated, exercise-focused physical therapy and chiropractic care.
2. Deceleration training with MedX: spine conditioning equipment for objective strengthening, endurance, and range of motion.
3. Emphasis on adoption of self-care strategies and developing postural endurance.



1. Multidisciplinary active-care ensures adoption of sustainable lifestyle habits.
2. MedX training allows patients to meet strength norms for age, gender, and body weight.
3. To ensure long-term success and minimize potential for recurrences.

### What

#### Step 3: Transition to Self-Care, Maintenance, and Fitness Planning

### Why

1. Data-driven fitness assessments utilizing RMR, VO<sub>2</sub>, and 3D movement analysis.
2. Personal, corrective exercise, and small group training.
3. Massage Therapy services.



To improve quality of life and minimize potential for recurrences.

